



Archbishop Cranmer C of E Primary Academy Mental Health and Wellbeing Newsletter

July 2020



Welcome to the first edition of our Mental Health and Wellbeing newsletter. We wanted to create a space to share some of the amazing resources that are available to support the mental wealth of our school community. If this is a useful document, we hope to send out regular updates, at least once a term, with links and activities to boost wellbeing and resilience.

Preparing for Returning to School

Although some of our children have already returned to school since lockdown began in March, for many the new Autumn Term will be their first time stepping into a classroom for 6 months. Understandably, this may be a strange or worrying time for some children, parents, carers and school staff. Throughout this period we have been collating and uploading useful links and resources on our 'COVID19 Useful Links' page of the school website, which we hope have been of use to some of you during this time. As we move into the Summer Holiday, we have put together some more resources to support our school community with preparing for the transition back to school in September, which can be found below.



Mindfulness Calendar

Practising mindfulness over the summer break could help your child to develop tools to deal with any anxieties or worries they may have when they return to school. The below link is a two-week calendar with a mindfulness activity suggested each day which could be used for the last two weeks of summer.

<https://mentallyhealthyschools.org.uk/media/2026/mindfulness-calendar-daily-5-minute-activities.pdf>

Self-Care Summer Activity Pack

Just as we look after our physical health, it is important to look after our mental health, too. Self-care is all about what you can do to help yourself feel better or keep yourself feeling good, and this can be achieved in many ways, from dancing to spending time with pets! The linked activity pack has a wealth of activities designed to help improve your child's mood and encourage self-care:



<https://mentallyhealthyschools.org.uk/media/2080/selfcaresummer-primary-pack.pdf>

Alternatively, the NHS have also created a self-care kit for children which is full of ideas and activities such as mindful colouring, breathing exercises and creating a self-sooth box:

<https://mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf>

Going Back to School Resource from Partnership for Children

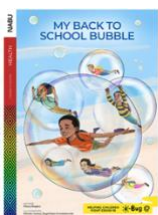
Children may have lots of different feelings about going back to school in September. The below activity can be used to help guide discussion and explore these feelings and any worries they may have:

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Going%20back%20to%20school.pdf>

Nip it in the Bud – Tips for Returning to School

The below link contains a short video and accompanying fact sheet created by clinical psychologist Dr Jess Richardson to share some straightforward suggestions for parents and school staff to deal with apprehension and anxieties children may be experiencing on returning to school.

<https://nipinthebud.org/information-films/tips-for-returning-to-school/>



'My Back to School Bubble' eBook

Stories can be really useful in exploring with children their feelings and to prepare them for change. E-Bug and NABU have worked in partnership with parents and teachers to create a simple, illustrated eBook to explore what the return to school might look like, and help children to feel more prepared.

Download the eBook here: https://e-bug.eu/eng_home.aspx?cc=eng&ss=1&t=Information%20about%20the%20Coronavirus

Preparing Your Child for the First Day Back at School – Top Tips:

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or “I can really understand why you would feel like that”



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them throughout the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.



App Recommendations

Technology can be a great tool for encouraging mindfulness and learning tips and tricks to help soothe and manage anxieties. Please note that we recommend that adults should always explore apps first before sharing with their children, and should always monitor their use of apps and the internet.

Click on the image to be taken to the AppStore:



Smiling Mind



Headspace



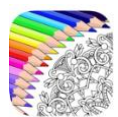
Sleep Time



Calm



ThinkNinja



Colorfy



SuperBetter
Resilience building



Cove: music for
mental health



Sleep Meditations
for Kids



Stop, Breathe &
Think Kids

Bow-Wowza

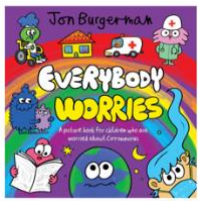
Bow-Wowza is a digital entertainment platform which creates resources, videos and activities to promote creating strong, happy minds in children. Their goal is to empower young children to flourish whilst developing their emotional resilience and supporting their mental wellbeing.

Click on the link below to explore the wealth of activities they have to offer: <https://bow-wowza.com/bow-wowza-activities/>



Mrs Hodgson recommends:

- The **Canine Count** to encourage mindful breathing – this is great as a calming activity: <https://bow-wowza.com/the-canine-count/>
- Creating a **Gratitude Box** to fill with things you are grateful for: <https://bow-wowza.com/gratitude-box/>
Some ideas can be found here: <https://www.youtube.com/watch?v=0lRQkSPzJWk&feature=youtu.be>
- Try **P.E with Joe (Sniffs)** and discover the positive effects exercise can have on your brain: <https://www.youtube.com/watch?v=6CH3FtbLDuM>



eBook: 'Everybody Worries' by Jon Burgerman

'Everybody Worries' is a free eBook, available to read via Oxford Owl, and offers your child the reassuring message that the crisis will pass, we are there for them, and we will get through this together.

To read the eBook, click here: <https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>

Action for Happiness – Action Calendar for Families

This Summer, why not try to tick off as many of these 30 actions to look after your family's wellbeing:

30 actions to help parents look after themselves and their families in challenging times. Please use and share

- 1 Go on a smile collecting mission, starting with a smile in the mirror
- 2 Choose one song each and arrange a family dance off
- 3 Send someone a message to show you really appreciate them
- 4 Take turns to notice 3 things around you that are beautiful
- 5 Be kind to yourself and others
- 6 Together, make a list of things you are grateful for
- 7 Think of a goal to work towards and do one thing to get started
- 8 Take a mindful walk together and notice what you see hear and smell
- 9 Play Musical Statues
- 10 Create a bedtime routine together to help with sleep
- 11 Bake cupcakes and decorate them as gifts for each other
- 12 Cross your arms and give yourself a hug
- 13 Take turns to share a happy memory
- 14 Find out about the values and traditions of another culture
- 15 Do something together to support a local charity
- 16 Create a collage of things that make you feel happy
- 17 Before bedtime, share what has gone well during the day
- 18 Introduce a family 'Daily Pause' to be calm together
- 19 Create a family wishes jar and take steps to make them happen
- 20 Learn a new skill together as a family
- 21 Create a kindness box to keep a record of kind actions
- 22 'Surpriserise' yourself. Find unexpected ways to move your body
- 23 Make a rainbow salad
- 24 Smile and say something positive every time you walk into a room
- 25 Create a poster highlighting everybody's strengths
- 26 Notice the shapes, colours and smells of a new family meal
- 27 Make a list of things that have helped you cope with difficult times
- 28 Tell someone you love how much they mean to you and why
- 29 Do something good for the environment
- 30 Hold an awards ceremony to celebrate acts of kindness

"A person's a person, no matter how small"
- Dr Seuss

ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living at www.actionforhappiness.org/10-keys

Keep Calm · Stay Wise · Be Kind

For more useful links and resources, please visit our school website:

<https://www.archbishopcranmer.co.uk/covid-19-useful-links/>